

South Austin Senior Activity Center



JANUARY

2023

3911 Menchaca Road Austin, Tx 78704 / 512.978.2400

www.austintexas.gov/departmentsouth-austin-senior-activity-center

Austin Parks and Recreation Department - Seniors

Monday/Thursday/Friday 8:00am - 5:00pm

Tuesday 8:00am-9:00pm

Wednesday 8:00am-10:00pm



austintexas.gov/varsitygeneration

The City of Austin is committed to compliance with the Americans with Disabilities Act. Reasonable modifications and equal access to communications will be provided upon request. For assistance please contact (512) 974-3914 or Relay Texas 7-1-1.

GENERAL INFORMATION

2023 Registration/New Waiver

We will require a *current, complete, and signed* COA-PARD-SASAC Waiver to be on site.
Please stop by the front desk to request the form to update your information.

2023 EVENING HOURS

SASAC will be open Tuesdays until 9:00pm
and Wednesdays until 10pm

Waterloo Square Dance Tuesdays 6:45-8:45pm

Square-dance the night away to a live caller!

Wednesday Night Dance Club 7pm – 9:30pm

January 4th: The Alibi's with Glen Collins

January 11th: The Charlie Murphy Band

January 18th: Night Shift

January 25th: Ken Simpson Band with Sam Bentley

\$5 CASH COVER AT THE DOOR

**FACE MASKS Optional
until further notice**

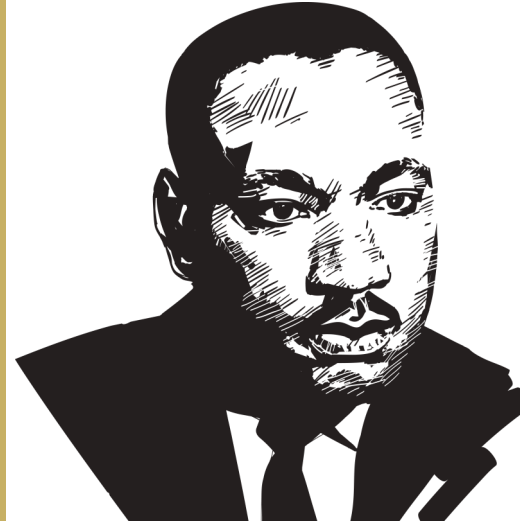
BRINGING SENIORS TOGETHER

MARTIN LUTHER KING JR DAY

@

CONLEY-GUERRERO SENIOR ACTIVITY CENTER

**THURSDAY, JANUARY 19, 2023
9:00 AM - 11:00 AM**



**Vendor Booths
Door Prizes
Video Clips
Groover's
Dancers
Snacks
Coffee**

HOLIDAY CLOSURES

**South Austin Senior Activity Center
Will be closed**

Monday, January 2nd

in observance of New Years Day

Monday, January 16th

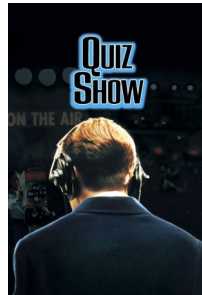
in observance of Martin Luther King Jr. Day

FRIDAYS MOVIES

QUIZ SHOW

Queens-born Herbie Stempel becomes an unlikely hero after winning on America's beloved game show, "Twenty One." When the network decides to bring in a more tele-genic contestant, the WASP-ish Charles Van Doren, Stempel takes aim at the show, announcing that the game is rigged.

Friday January 6th Time: 9am-11am



Using actual footage from the event seamlessly mingled with new re-enactments, filmmaker James Marsh masterfully recreates high-wire daredevil Philippe Petit's 1974 stunt: performing acrobatics on a thin wire strung between the Twin Towers of the World Trade Center

Friday January 13th Time: 9am-11am



Kumail is a Pakistani comic, who meets an American graduate student named Emily at one of his stand-up shows. As their relationship blossoms, he soon becomes worried about what his traditional Muslim parents will think of her. When Emily suddenly comes down with an illness that leaves her in a coma, Kumail finds himself developing a bond with her deeply concerned mother and father.

Friday January 20th Time: 9am-11am



A father's wish magically brings a wooden boy to life in Italy, giving him a chance to care for the child.

Friday January 27th Time: 9am-11am



UPCOMING EVENTS



MARDI GRAS DANCE

Monday

February 13th

7-10p

Tickets will go on sale Tuesday, January 17th



Chinese New Year Craft

Registration: January 3rd to January 17th

Class: January 20th 10am



Mardi Gras Shoebox Craft

Registration: January 3rd to January 20th

Class: January 31st 10am



Mardi Gras Mask Craft

Registration: January 3rd to January 20th

Class: January 24th 10am

Legacy Memories

Every Monday

10:30 - 11:30 am

Want to capture your memories for kids and grandkids?

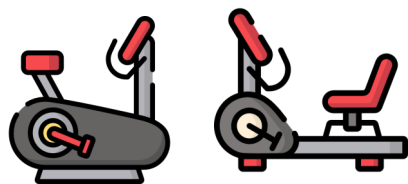
Learn easy ways to do so in writing, voice recordings, and videos.

NEW SESSION JANUARY 9

FITNESS CLASSES

BE SURE TO CHECK OUT
OUR TREADMILLS,
RECUMBENT BIKES,
WEIGHT SYSTEM AND
ELLIPTICAL TRAINERS

IF YOU NEED ASSISTANCE
USING THE
EQUIPMENT, SASAC STAFF IS
AVAILABLE
TO ANSWER QUESTIONS.



Gym Hours

Mondays 8a-4:30p
Tuesdays 8a-8:30p
Wednesday 8a-9:30p
Thursday 8a-4:30p
Friday 8a-4:30p
SUBJECT TO CHANGE



T'AI CHI

Tuesdays and Thursday 10-11a

T'ai Chi has many proven health benefits for seniors, from increased balance and bone strength, to greater strength and flexibility. T'ai Chi is also very safe and practiced slowly; it is zero impact.
Instructor: Kade Green, Sifu

Next Sessions

**January 3rd
&
February 14th**

Fee: 6 Sessions

Tuesdays OR Thursdays only

RESIDENT: \$30

NON-RESIDENT: \$36

12 Sessions

Tuesdays AND Thursdays

RESIDENT: \$50

NON-RESIDENT: \$62

Drop In

per class

RESIDENT: \$5

NON-RESIDENT: \$6

SENIORCIZE

Wednesdays 10:30 - 11a

Join Kade for a workout geared towards adults 50 and older. Seniorcize is a great way to stay active and get back into shape.
Instructor: Kade Green

FREE

FITNESS CLASSES

LINE DANCE

No need to have a partner!
Everyone can enjoy dancing.

MONDAY (1:00 - 2:00)

Beginner Class

For starter, learn basic steps & easy dances.

MONDAY (2:30 - 3:30)

High Beginner Class

Next step for beginners.

THURSDAY (1:30 - 2:30)

Improver Class:

Learn more skills for a variety of dances.

THURSDAY (2:30-3:30)

Intermediate Class

For experienced dancers.
Need higher level skills.



Stretch & Strength

Fridays 2-3p

Join Patty as she teaches you how to balance the body's strength and flexibility
Instructor: Patti Gagne

Blood Pressure

Friday 1:30-2p

Come Join Patti and learn how to monitor their blood pressure accurately

SENIOR HEALTH AND FITNESS

**Tuesday and Thursday
8:30-9:30a**

Total body cardiovascular workout taught in a FUN class format.

Four sets of activities
(15 minutes each).

Instructed by video tape



**ZUMBA[®]
gold**

ZUMBA GOLD VIDEO

Mondays 10:00-11:00a

Improve your muscle strength, coordination, posture and mobility. Come on out and shake it!

This is a drop in class.



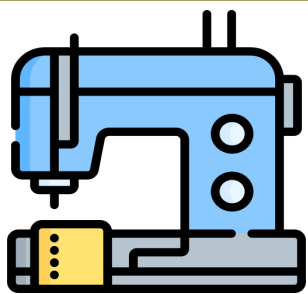
YOGA

**Mondays and Wednesdays
9-10a**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 	3 Sr. Health & Fitness 8:30-9:30 Tai Chi 10-11 Gentle Duplicate Bridge Canceled Bingo 1-3 Beginners Mahjong 12-1 Pinochle 12-4 Mahjong 1 - 3 Waterloo Squares 6:45-8:45p	4 Yoga 9-10 Ceramics Circle 9-12 Seniorsize 10:30-11 Free Play Bridge 11-1 Mexican Train 12:15-3:15 Painters 1-3:30 Wednesday Night Dance 7-9:30	5 Everyone Paints 8-4 Quilters 9-2 Sr. Health & Fitness 8:30-9:30 Tai Chi 10-11 Pinochle 12-4 Line Dance 1:30-3:30	6 Movie 9-11 Chess Play 10-1 Free Play Bridge 11-1 Stretch & Strength 2-3
9 Yoga 9-10 Garden Meeting 10-11 Chess Play 10-1 Zumba 10-11 Legacy Memories 10:30-11:30 Free Play Bridge 11-1 Beg. Line Dance 1-2 Advanced Beg. Line Dance 2:30-3:30	10 Sr. Health & Fitness 8:30-9:30 Tai Chi 10-11 Gentle Duplicate Bridge 12-3 Bingo 1-3 Beginners Mahjong 12-1 Pinochle 12-4 Mahjong 1 - 3 Waterloo Squares 6:45-8:45p	11 Yoga 9-10 Ceramics Circle 9-12 Seniorsize 10:30-11 Free Play Bridge 11-1 Mexican Train 12:15-3:15 Painters 1-3:30 Technology 2-4 Wednesday Night Dance 7-9:30	12 Everyone Paints 8-4 Quilters 9-2 Sr. Health & Fitness 8:30-9:30 Tai Chi 10-11 Pinochle 12-4 Line Dance 1:30-3:30	13 Movie 9-11 Chess Play 10-1 Free Play Bridge 11-1 Stretch & Strength 2-3 Card Making 9-10 Advisory Board 12-1
16 	17 Sr. Health & Fitness 8:30-9:30 Tai Chi 10-11 Gentle Duplicate Bridge 12-3 Bingo 1-3 Beginners Mahjong 12-1 Pinochle 12-4 Mahjong 1 - 3 Waterloo Squares 6:45-8:45p	18 Yoga 9-10 Ceramics Circle 9-12 Seniorsize 10:30-11 Free Play Bridge 11-1 Mexican Train 12:15-3:15 Painters 1-3:30 Wednesday Night Dance 7-9:30 AARP 1-4	19 Everyone Paints 8-4 Quilters 9-2 Sr. Health & Fitness 8:30-9:30 Tai Chi 10-11 Pinochle 12-4 Line Dance 1:30-3:30 NARFE 9:30-10:30	20 Movie 9-11 Chess Play 10-1 Free Play Bridge 11-1 Stretch & Strength 2-3 Chinese New Year Craft 10a
23 Yoga 9-10 Garden Meeting 10-11 Chess Play 10-1 Zumba 10-11 Legacy Memories 10:30-11:30 Free Play Bridge 11-1 Beg. Line Dance 1-2 Advanced Beg. Line Dance 2:30-3:30	24 Sr. Health & Fitness 8:30-9:30 Tai Chi 10-11 Gentle Duplicate Bridge 12-3 Beginners Mahjong 12-1 Pinochle 12-4 Mahjong 1 - 3 Bingo 1-3 Waterloo Squares 6:45-8:45p Mardi Gras Masks 10-11a	25 Yoga 9-10 Ceramics Circle 9-12 Seniorsize 10:30-11 Free Play Bridge 11-1 Mexican Train 12:15-3:15 Painters 1-3:30 Technology 2-4 Wednesday Night Dance 7-9:30	26 Everyone Paints 8-4 Quilters 9-2 Sr. Health & Fitness 8:30-9:30 Tai Chi 10-11 Pinochle 12-4 Line Dance 1:30-3:30 Birthday Celebration 12:00-12:30	27 Movie 9-11 Chess Play 10-1 Free Play Bridge 11-1 Stretch & Strength 2-3
30 Yoga 9-10 Garden Meeting 10-11 Chess Play 10-1 Zumba 10-11 Legacy Memories 10:30-11:30 Free Play Bridge 11-1 Beg. Line Dance 1-2 Advanced Beg. Line Dance 2:30-3:30	31 Sr. Health & Fitness 8:30-9:30 Tai Chi 10-11 Gentle Duplicate Bridge 12-3 Bingo 1-3 Beginners Mahjong 12-1 Pinochle 12-4 Mahjong 1 - 3 Waterloo Squares 6:45-8:45p Mardi Gras Shoebox Craft 10-11a CAPITOL of TEXAS POSTCARD CLUB 6-8:30	Special Events are in BLUE		Cancellations are in RED

JANUARY 2023

ARTS & CRAFT CLASSES



Honey Bee Quilters

Thursdays
9a - 2p

The Honey Bees invite anyone interested in quilting to join their monthly meetings.



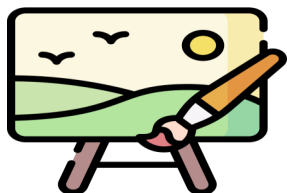
Card Making with Melissa

Friday January 13th
Time: 9-10a

Everyone Paints

Thursdays 8a - 4p

Come in and share your creativity with other painters!



Wednesday Painters

Wednesdays 1 - 3:30p

If you use pastels, oils, acrylics, etc., bring your supplies and enjoy the fun.

Ceramics Circle

Wednesdays 9 - 12a

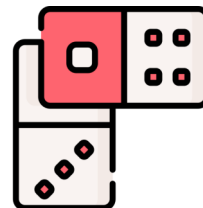
Bring your ceramic project and join other ceramics enthusiasts as you work.



RECREATION & GAMES

Mexican Train Dominoes

Wednesdays 12:15-3:15p



Mahjong

TUESDAYS
1-3P

Join in on the classic game!



Mahjong Beginners Class

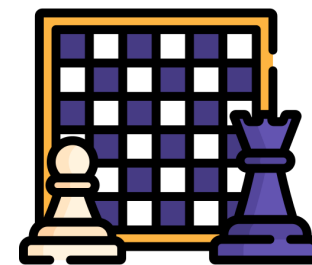
Tuesdays
12a-1p

Come and learn this game of skill, strategy and luck!

Chess Club

Mondays and Fridays
10a-1p

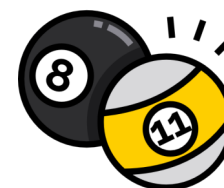
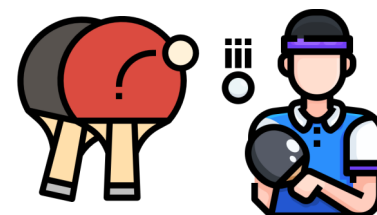
New players and all levels welcome!



Ping Pong

Monday - Friday 9a - 3p

If you are interested in playing at a different time, please call ahead for room availability and to assure staff is available to set up the table.



Billiards Room

Monday-Friday

Mondays 8a-4:30p
Tuesdays 8a-8:30p
Wednesday 8a-9:30p
Thursday 8a-4:30p
Friday 8a-4:30p

RECREATION & GAMES

Free Play Bridge

*Mondays,
Wednesdays
& Fridays
11a - 1p*

FREE



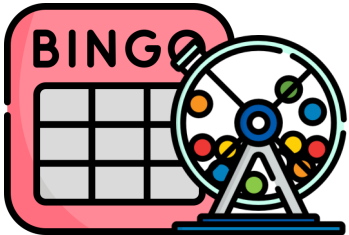
Pinochle

*Tuesdays & Thursdays
9:30-2p*

FREE

Gentle Duplicate Bridge

*Tuesdays
12p -3p
Led by Larry Davis
Contract Instructor
\$5.00*



Bingo

*Tuesdays
1p -3p*

Join our group on Mondays to help with our seasonal garden maintenance and harvesting. Whether you have a green thumb to lend, or want to develop one, stop by our community garden.
Every Monday at 10am



TECHNOLOGY

Technology Forum

**Wednesday
January 11th & 25th
2p-4p**

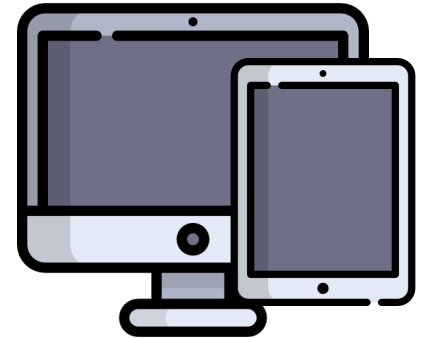
Having trouble operating your computer, tablet, or smart phone?

Have a general curiosity about current technology?

We are here to help you!

Please bring your equipment with you for us to assist you.
Come to the technology forum and learn how easy it can be.

FREE



TECHNOLOGY DONATIONS

Do you have any unused electronics?

Such as

Desktops, Laptops,
Computer Accessories.
Donate them to our
Technology Class!

Public Meetings

SASAC ADVISORY BOARD MEETING

**Friday,
January 13th
12-1**

SOUTH AUSTIN AARP #2426

**Wednesday
January 18th
1-4 p**

NATIONAL ACTIVE/RETIRED FEDERAL EMPLOYEES (NARFE)

**Thursday
January 19th
9:30 a**

CAPITOL of TEXAS POSTCARD CLUB

**Tuesday
January 31st
6-8:30p**



MEALS ON WHEELS
AMERICA

CONGREGATE MEAL REGISTRATION REQUIRED

A \$1 donation for those over 60 is greatly appreciated to offset the cost of staff, meal-related expenses, dietary supplies, & delivery.

Meal tickets are distributed on a
**FIRST COME
FIRST SERVE**

basis beginning at 9:30a each morning.

Tickets distributed equal the number of meals ordered for that day. Lunch is served daily

11:30p-12p
with milk and water.

For ineligible guests **OVER 60** (not registered) and guest **UNDER 60**, the cost of the meal is \$5.39.






Due to the unavailability of certain items, substitutions are occasionally made.

 **- Vegetarian Entrée**

 **≥ 1000mg Sodium**

LUNCH

MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>SASAC CLOSED</p>	<p>3</p> <p>Citrus Pork Whipped Potatoes with Skins Brussels Sprouts Dinner Roll Fresh Orange Cal: 625</p>	<p>4</p> <p>Dan Pruett's Hamburger Patty Lettuce and Tomato Ranch Beans  Hamburger Bun Hot Cinnamon Applesauce Mustard and Ketchup Cal: 625</p>	<p>5</p> <p>Greek Chicken Brown Rice Broccoli with Cheese Wheat Bread Fruited Orange Gelatin Cal: 801</p>	<p>6</p> <p>Turkey Pasta Bolognese Cauliflower Squash Casserole Texas Bread Fresh Fruit Cal: 673</p>
<p>9</p> <p>Ham w/Red Beans/Brown Rice Black-Eyed Peas Cabbage Wheat Bread Fresh Fruit Cal: 621</p>	<p>10</p> <p>Beef with Mushroom Gravy Whipped Potatoes with Skins Mixed Vegetables Wheat Bread Fresh Banana Cal: 665</p>	<p>11</p> <p>Black Bean Chicken Brown Rice Japanese Vegetables Dinner Roll Fresh Fruit Cal: 777</p>	<p>12</p> <p>Sliced Turkey & Swiss Cheese Lettuce and Tomato Pasta Salad Wheat Bread (2) Fruited Cherry Gelatin Mustard  Cal: 729</p>	<p>13</p> <p>Cheese Omelet Seasoned Black Beans Stewed Tomatoes Wheat Bread Fresh Fruit  Cal: 604</p>
<p>16</p> <p>SASAC CLOSED</p>	<p>17</p> <p>Tofu Fried Rice  Lentils Ginger Carrots Texas Bread Fresh Fruit Cal: 717</p>	<p>18</p> <p>Gourmet Turkey Salad Vegetable Couscous Salad Cucumber Salad Saltine Crackers Fruited Lime Gelatin Cal: 627</p>	<p>19</p> <p>Creamy Paprika Chicken Pinto Beans Okra and Tomatoes Texas Bread Fresh Fruit Cal: 919</p>	<p>20</p> <p>Cajun Fish Lima Beans Medley Cabbage Wheat Bread Fresh Fruit Cal: 633</p>
<p>21</p> <p>Teriyaki Diced Chicken Northern Beans Japanese Vegetables Texas Bread Fresh Fruit Cal: 731</p>	<p>23</p> <p>Cheeseburger Macaroni Green Peas Country Tomatoes Wheat Bread Fresh Fruit Cal: 625</p>	<p>24</p> <p>Lemon Pepper Chicken Couscous Broccoli Dinner Roll Fruited Lemon Gelatin Cal: 752</p>	<p>25</p> <p>BBQ Diced Turkey Cheesy Parslied Potatoes Mixed Vegetables Hamburger Bun Fresh Orange Cal: 610</p>	<p>26</p> <p>Spaghetti Torte Garlic Parmesan Cauliflower Green Beans with Onions Wheat Bread Fresh Fruit Cal: 705 </p>
<p>30</p> <p>Beef with Country Gravy Whipped Potatoes with Skins Garden Vegetables Texas Bread Fresh Fruit Cal: 707</p>	<p>31</p> <p>Turkey Pot Pie Whole Kernel Corn Spinach Wheat Bread Fruited Orange Gelatin Cal: 664</p>			<p>*Due to unavailability of certain items, appropriate substitutions may need to be made.</p> <p>**Milk is served every meal.</p>



VARSITY GENERATION

SASAC Advisory Board 2022

Willie Williams, President
Raisa Edelman, Vice President
Joan Cox, Secretary
Vacant, Treasurer
Elaine Benton
Carolyn Drake
Ken Cohen
Margie Mendez
Chris Ng
Jackie Gaylord
Harold Barnett



SASAC Staff

Jason Miller Program Supervisor
Maria Reyes Recreation Program Coordinator
Lynnette Lara Recreation Programs Specialist
Vacant, Recreation Programs Specialist
Joe Asevedo Building and Grounds Assistant
Daniel Mendoza Administrative Associate



WHAT IS VARSITY GENERATION

“Varsity Generation” is a positive way of describing a stage of life where experience and skill are prized and respected. The term implies being part of a team that always has your back. You rely on your team as much as they rely on you. Participation is encouraged in order to help each other continue mastering the art of living a fulfilling life. Varsity Generation sees aging as a natural progression of life, and positively acknowledges and affirms a person's earned spot on the team.

As we roll out this new concept, You will see this logo on our program promotions and start hearing the staff refer to Varsity Generation activities. South Austin Senior Activity Center and all of the Austin Parks and Recreation Department Senior Centers will continue to offer a variety of quality programs and we hope you will try new experiences with our “team” along the way!

MISSION Inspire Austin to learn, play, protect and connect by creating diverse programs and experiences in sustainable natural spaces and public places

REC PRINCIPLES: RECREATIONAL, ENVIRONMENTAL, CULTURAL

The Austin Parks and Recreation Department uses a professional, systematic and studied approach in determining the programs and services we offer our community. This strategy is reflected in our Recreational, Environmental, and Cultural Program Principles. These principles are used in determining programs and services:

- Provide programs and services that help fulfill the organizational mission, vision, goals and objectives adopted by the Austin City Council and the Austin Parks and Recreation Department.
- Provide programs that follow all applicable laws, ordinances, resolutions and standard operating procedures.
- Develop programs that have a stated purpose, goals and objectives which specify benefits and outcomes that the program will offer participants and the community.
- Offer accessible, affordable recreational, environmental and cultural program opportunities in a safe environment for all ages, abilities, interests and socio-economic levels, highlighting Austin's diversity.
- Encourage and respond to community input in program planning, development and evaluation.
- Programs will balance community needs with financial viability providing an overall financially sound recreation program to the Austin community.